



PREPARE

When a major disaster occurs, you may need to survive on your own for several days. Assemble a disaster supply kit with at least a three-day supply of food and water, as well as the following items that can help during times of need. Keep this checklist with your emergency kit and review the items in your kit each year.

Basic Emergency Supply Kit

Recommended Items:

- Several days' supply of water, non-perishable food, and can opener
- First aid kit
- Extra cell phone battery or charger pack — charged!
- Battery-powered or hand-crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- Flashlight and extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air, and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities
- Local maps



Additional Items

- Prescription medications and eyewear
- Infant formula and diapers
- Pet food, water, and supplies for your pet
- Important family documents, such as copies of insurance policies, identification, and bank account records in a portable, waterproof container
- Cash and change
- Emergency reference material, such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies, personal hygiene items, and hand sanitizer
- Mess kits, paper cups, plates and disposable utensils, paper towels
- Paper and pencil
- Books, games, puzzles, or other activities for children

Use the space below to build your emergency action plan. Create copies for every family member to keep in their backpack, purse, or wallet, and keep a copy with your emergency supply kit. Hold regular household meetings to review, update, and practice your plan.

Emergency Action Plan

Household Information:

Address: _____

Landline phone: _____

Family Meeting Places:

In the neighborhood (*such as a neighbor's house or big tree*):

Outside of the neighborhood (*such as the library or house of worship*):

Household Members:

Name: _____

Cell: _____

Email: _____

Important medical or other info: _____

Name: _____

Cell: _____

Email: _____

Important medical or other info: _____

Name: _____

Cell: _____

Email: _____

Important medical or other info: _____

Name: _____

Cell: _____

Email: _____

Important medical or other info: _____

Name: _____

Cell: _____

Email: _____

Important medical or other info: _____

Frequent Locations:

Workplaces, schools, daycare providers, and apartment buildings should all have site-specific emergency plans you and your family need to know about.

Work Location 1: _____

Address: _____

Phone: _____

Evacuation location: _____

Work Location 2: _____

Address: _____

Phone: _____

Evacuation location: _____

School Location 1: _____

Address: _____

Phone: _____

Evacuation location: _____

School Location 2: _____

Address: _____

Phone: _____

Evacuation location: _____

Other place you frequent: _____

Address: _____

Phone: _____

Evacuation location: _____

Medical Contacts:

Doctor 1: _____ Phone: _____

Doctor 2: _____ Phone: _____

Pediatrician: _____ Phone: _____

Dentist: _____ Phone: _____

Specialist: _____ Phone: _____

Pharmacist: _____ Phone: _____

Veterinarian: _____ Phone: _____

Kennel: _____ Phone: _____

Insurance Information:

Medical Insurance: _____

Phone: _____ Policy #: _____

Home/Renters Insurance: _____

Phone: _____ Policy #: _____

In Case of Emergency, Call:

Name: _____ Friend

Phone: _____ Relative

Neighbor

Name: _____ Friend

Phone: _____ Relative

Neighbor

Name: _____ Friend

Phone: _____ Relative

Neighbor

For more information, visit www.ready.gov/plan

CEDAR RAPIDS AREA EMERGENCY CONTACTS

POLICE, FIRE OR MEDICAL
9-1-1

ALLIANT ENERGY
1-800-255-4268

LINN COUNTY REC
1-888-271-6250

MID-AMERICAN ENERGY
1-800-595-5325

POLICE/FIRE NON-EMERGENCY
319-286-5491